

June 19, 2026

Choosing Peace Over Panic

June Series: Live What Was Built

Week Focus: Living Above Your Feelings

Scripture – Romans 8:6 - *"The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace."*

Devotional Reflection

Peace is something nearly everyone desires, yet many people struggle to maintain it when life becomes difficult. Challenges, uncertainty, unexpected setbacks, and unanswered questions can quickly create anxiety and worry. When circumstances feel unstable, panic often seems like the natural response. Yet Romans 8:6 reveals that peace is not primarily the result of favorable circumstances; it is the result of a mind that is governed by the Spirit. God's peace is not dependent on what is happening around us but on who is leading us within us.

Panic and peace begin in the same place—the mind. Panic grows when we focus on problems without considering God's presence. It develops when we continually rehearse fears, imagine worst-case scenarios, and attempt to carry burdens that God never intended us to carry alone. The more our thoughts become consumed with uncertainty, the easier it becomes for fear to dominate our emotions. This is why Scripture repeatedly calls believers to guard their minds and fix their thoughts on God's truth.

A Spirit-governed mind approaches challenges differently. Instead of asking, "What if everything goes wrong?" it asks, "What has God promised?" Instead of becoming consumed by fear, it remembers God's faithfulness. Instead of allowing uncertainty to control every thought, it chooses trust. Peace does not mean pretending problems do not exist. Peace means believing that God remains present, powerful, and faithful even when problems exist. It is confidence in God's character despite uncertain circumstances.

Jesus demonstrated this kind of peace throughout His ministry. Storms, opposition, betrayal, and suffering never caused Him to lose confidence in the Father's plan. His peace came from knowing that God was in control. As followers of Christ, we are invited into that same kind of trust. The Holy Spirit continually points us back to God's promises and reminds us that our circumstances do not have the final word. God's faithfulness does.

Today, notice what is occupying your thoughts. Are you feeding your fears or strengthening your faith? Living above your feelings requires intentionally choosing peace when panic seems easier. The more you allow God's truth to govern your mind, the more His peace will guard your heart. You may not control every circumstance, but through the Spirit, you can experience peace in the middle of them.

Focus for Today

God's peace grows when my mind is governed by His Spirit rather than my fears.

Practice

- Identify one worry that has been occupying your thoughts recently.
 - Write down a promise from Scripture that speaks to that concern.
 - When anxious thoughts arise, pause and pray instead of rehearsing the fear.
 - Spend a few moments thanking God for His faithfulness, even before circumstances change.
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Prayer

Father, thank You for offering peace that is greater than my circumstances. Help me recognize when fear is trying to control my thoughts. Teach me to trust Your promises more than my worries and to rely on Your Spirit when anxiety rises. Guard my mind and heart with Your peace, and remind me that You remain faithful in every situation. Let my confidence rest in You today. In Jesus' name, Amen.

Reflection Question

What situation is most tempting you toward panic right now, and what promise from God can help you choose peace instead?